

Why Should I Exercise?

No matter what your age is, its never too late to begin incorporating exercise into your life. Many older people who begin exercising later in life report feeling stronger, more independent, and have more energy than ever before.



Before beginning an exercise program, consult your doctor, especially if you are over 60 or have a medical problem. A good exercise program includes stretching, strength training, and aerobic or endurance exercises, such as swimming or walking.

Hints:

- Choose activities you like.
- Find a friend or group to exercise with.
- Make small changes so that physical activity becomes part of each day.
- Stop and check with your doctor right away if you develop sudden pain, shortness of breath, or feel ill.
- Be realistic about what you can do.
- Contact local gyms, universities, hospitals, senior centers, YMCAs or YWCAs for exercise or wellness programs that could be fun for you.

**This information was provided by the National Institute on Aging

Useful Phone Numbers for Seniors and Their Families

- Indiana State Senate
(800) 382-9467 or (317) 232-9400
- Indiana State House of Representatives
(800) 382-9841 or (317) 232-9700
- Indiana's Senior Health Insurance Information Program
(800) 452-4800
- Indiana's Area Agencies on Aging
(800) 986-3505
- Dept. of Family and Social Services
(800) 545-7763
- Medicare Hotline
(800) MEDICARE or (800) 633-4227
- Home Healthcare Hotline
(800) 227-6334
- Social Security Hotline
(800) 772-1213
- State Attorney General Consumer Protection Hotline
(800) 382-5516
- Dept. of Insurance Consumer Assistance Hotline
(800) 622-4461
- Adult Protective Services
(800) 992-6978
- National Institute on Aging
(800) 222-2225
- American Diabetes Association
(800) 232-3472
- American Association of Retired Persons (AARP) (202) 434-2277
- American Heart Association
1-800-AHA-USA-1 or (800) 242-8721
- American Stroke Association:
1-888-4-STROKE or (888)478-7653

IMPORTANT INFORMATION FOR HOOSIER SENIOR CITIZENS



Provided by:
**Indiana State Senate
Democrat Caucus**
**Indiana Statehouse
200 W. Washington St.
Indianapolis IN 46204**
www.in.gov/senate_democrats

Controlling High Blood Pressure



High blood pressure or hypertension affects a large number of Hoosiers each year. It is a condition without

symptoms, but one that can lead to stroke, heart disease, kidney failure, and other health problems.

What is high blood pressure?

As your blood flows through blood vessels, it creates pressure against the blood pressure walls. This is the pressure measured by your doctor. Because high blood pressure is so common, everyone should be tested at least once a year. Although the average blood pressure reading is 120/80, a slightly higher or lower reading (for either number) may not be a problem. However, when the reading goes above a certain measure, usually 140/90, some form of treatment, diet, or medication may be needed.

How can it be treated?

If your blood pressure is just a little bit above normal, your doctor may recommend losing weight, eating less salt, cutting back on alcohol consumption, and getting more exercise. Following these simple tips will bring your blood pressure closer to normal.

State Programs for Seniors

Indiana In-Home Services Program

This program administers CHOICE, which is an acronym for Community and Home Options to Institutional Care for the Elderly. It provides community and home-based health care services for the elderly and disabled.

Senior Health Insurance Information

The Senior Health Insurance Information Program (SHIIP) is a non-profit organization designed to provide an unbiased place for seniors to find answers to their questions about Medicare, Medicaid, Long Term Care Insurance, and the Indiana Long Term Care Program. All of their services are free.

Area Agencies on Aging

Contact your local Area Agency on Aging (AAA) for information on their nutrition program. This program provides meals either at a congregate site or delivered to your home free of charge for anyone over 60 years of age. The number for the AAA in your area is located on the reverse side of this brochure.



Community Action Agencies

These local agencies are located throughout the state and provide information on the Energy Assistance Program, Weatherization Assistance, Housing Services, Emergency Shelter, as well as other community services and outreach programs. The number for the Community Action Agency in your area is on the reverse side of this brochure.

Legislature Allocated Start-up Funds for Prescription Drug Program for Seniors

Indiana's share of the \$200 billion national tobacco settlement is estimated to be \$4.7 billion over the next 25 years. Since the reason for the action against the tobacco companies was to recover tobacco-related health care costs, the state has planned to spend 100% of the revenue on health-related programs.

Legislators allocated the yearly appropriations for initiatives such as tobacco use prevention and cessation programs, and community health centers in rural and under-served areas of the state.

Since legislation was signed into law by Governor O'Bannon in 2000, an allocation of \$30 million has been appropriated to the Indiana Prescription Drug Fund for the "Hoosier Rx" program. This program provides prescription drug refunds for qualifying low-income senior citizens. For more information about the program, call toll-free 1-866-267-4679.

Eligible seniors may also receive prescription drug assistance through Eli Lilly. For more information on this program, call 1-877-795-4559 or go to their web site at www.lillyanswers.com. Participating pharmacies include CVS/Pharmacy and Wal-Mart.

Additionally, Pfizer Pharmaceuticals, Inc. offers a "Living Share Card" program. For additional information, call 1-800-717-6005 or visit their web site at www.pfizerforliving.com.